

# HERB ROASTED AIRLINE CHICKEN

Chef *Vinny* of *D'Avolio*

RECIPE MAKES: 1 SERVING

## INGREDIENTS

- 1 – 8-oz. chicken breast (with wing attached and skin removed)
- **1 tsp. D'Avolio Rosemary Olive Oil**
- **1 tsp. Basik's Original Blend**
- 1/8 cup Rosemary
- 1/8 cup Thyme
- 1/8 cup Basil
- 1/8 cup Parsley

## NUTRITION INFO

Nutrition Facts	
servings per container	
Serving size	(260g)
Amount per serving	
<b>Calories</b>	<b>370</b>
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 165mg	55%
Sodium 120mg	5%
Total Carbohydrate 13g	5%
Dietary Fiber 9g	32%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein 54g</b>	
Vitamin D 0mcg	0%
Calcium 416mg	30%
Iron 18mg	100%
Potassium 1138mg	25%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## PREPARATION

1. Preheat oven to 350°F
2. Combine all ingredients
3. Top chicken with oil mix, coat well
4. Place on baking sheet
5. Cook internal temperature to 165°F or about 30-35 minutes

Healthy Options.

